

# DINNERLY



## Haloumi and Cauliflower Tagine with Craisins and Couscous



30 minutes



2 Servings

A tagine is a Moroccan stew-like dish traditionally cooked in a clay or ceramic pot – also called a tagine. Our veggie version teams golden haloumi with cauliflower, and craisins for a touch of sweetness.



## WHAT WE SEND

- 250g cauliflower
- 1 carrot
- 180g haloumi <sup>7</sup>
- 10g Moroccan seasoning <sup>17</sup>
- 400g diced tomatoes
- 30g raisins
- 150g couscous <sup>1</sup>

## WHAT YOU NEED

- 20g butter <sup>7</sup>
- 1½ tbs olive oil
- 1 tbs tomato paste
- 2 tsp honey
- 200ml boiling water

## TOOLS

- medium deep frypan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 915kcal, Fat 45.2g, Carbs 88.3g, Proteins 33.0g



### 1. Prep ingredients

Cut the **cauliflower** stem into 1cm chunks, then cut the head into small florets. Peel the **carrot** and cut into 1cm-thick slices. Halve the **haloumi** lengthwise, then cut into 1cm-thick slices. Chop **20g butter**.



### 2. Start tagine

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **cauliflower stem**, **carrot** and **Moroccan seasoning**, stirring, for 3 mins or until the vegetables start to soften. Stir in the **tomatoes**, **1 tbs tomato paste**, **2 tsp honey** and **125ml (½ cup) water** and bring to the boil. Reduce the heat to low and cook the tagine, covered, for 8 mins.



### 3. Finish tagine

Add the **cauliflower florets** and **raisins** to the tagine and season with **salt and pepper**. Cook, covered, for a further 7 mins or until the vegetables are tender. Remove the pan from the heat.



### 4. Soak couscous

Meanwhile, put the **couscous** and **butter** (see Did you know?) in a large heatproof bowl and season with **salt and pepper**. Pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork.



### 5. Fry haloumi and serve up

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **haloumi**, turning occasionally, for 2 mins or until browned. Remove from the pan. Add the haloumi to the tagine and stir to combine. Taste, then season with **salt and pepper**. Divide the **couscous** and **tagine** among bowls and enjoy!



### 6. Did you know?

Adding a little butter to the couscous when soaking adds flavour and helps separate the grains, making the couscous nice and light once you have fluffed it with a fork.